

Setting Your Own S.M.A.R.T. Goals



<p>Goals Write down three goals. They can be short-term or long-term goals.</p>														
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1.														
2.														
3.														
<p>Milestones Choose one of your goals and break it into three smaller steps. Remember, these should be specific, measurable, actionable, relevant, and have a timely deadline.</p>														
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<p>Dream Picture yourself achieving your goal. What does this look or feel like? How will you know when your goal is complete? What are obstacles that may get in your way?</p>														
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<p>Resources Identify three resources (people, places, things) that could help you achieve your goal. Explain how these resources can support you.</p>														
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